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United States Department of Agriculture

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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

MAY 9 1939

U. S. Department of Agriculture

LEAFY, GREEN VEGETABLES RATE HIGH DIETETICALLY

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Even before the searchlight of food research was turned on leafy, green vegetables their value in human nutrition was pretty generally appreciated. Today they have an important place on the list of "protective foods"--a way nutritionists have of designating foods with a very high dietetic rating.

Leafy, green vegetables merit a place on this list chiefly because they are rich in both iron and vitamin A. The thinner and greener the leaf, in fact, the richer they are in both. Many of them are also very rich sources of calcium. These three nutrients, according to a recent nation-wide survey, are food essentials in which American diets are often low.

Green leaves are also excellent sources of vitamin G. Thrown in for good measure are considerable amounts of vitamin C and vitamin B₁. Leafy vegetables, in addition, contribute bulk or roughage, some of which is usually desirable in the diets of persons in normal health.

With such an array of food values under one cover, it's little wonder that nutritionists consider leafy, green vegetables on the "must" list of foods. They advise at least one serving a day either of these or of a yellow vegetable, for everyone in the family.

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Just which of the many leafy, green vegetables the homemaker serves her family is not especially important--as long as she serves some kind the year round. Certain varieties, of course, fit in better with limited budgets than others, because they supply the same minerals and vitamins more economically.

In the spring and early summer, wild "greens" that grow in vacant lots and in meadows are there to improve and add variety to family menus just for the gathering. During the spring and summer, too, most vegetables become plentiful on local markets, because of large production in nearby market gardens. And home gardens can be planted so that they supply some sort of greens--beet tops, chard, spinach, mustard, kale, collards, turnip tops--up until the first frost.

With such a wealth of green material coming on, now's the time to check up on the recommendations for selecting, cooking, and serving these vegetables.

Whether greens are wild or cultivated, the choice ones will be fresh, young, and tender. They'll have a good color. There'll be less waste in stems well-filled with leaves than in straggly ones. Signs of poor quality are dry, yellowed leaves, woody stems, seed stems, leaves that are bruised or show evidence of disease or insect injury. Wilted greens should be examined carefully.

First necessary step in getting a leafy vegetable ready to eat is the washing. Here the keynote is thoroughness. With so much surface, often waxy, exposed--a lot of dust and grit can collect. To get every bit of this off, the greens need to go through several wash waters. The first waters may be warm to make cleaning easier. The last waters should be cold to make the leaves crisp, if they are to be served raw.

Such greens as watercress, endive, lettuce, and cabbage are old and respected members of the salad family. Other tender, mild-flavored leaves may also be served uncooked. Spinach, for instance, may be mixed with pieces of fresh tomato, sliced hard-cooked egg, bits of crisp bacon and the family's favorite dressing, to

make a colorful, nutritious salad.

However, when any member of the family, with a reminiscent look in his eye, puts in a request for a good "mess of greens"--it's usually the cooked ones he's thinking of. And for cooking green, leafy vegetables there are some definite precautions for saving food value, preserving the green color, getting the desirable texture.

In a nutshell, the cooking technique recommended is "cook as quickly as possible, using little or no water. Use the cooking water if that's possible. And after the water starts to boil, leave the pan uncovered."

Behind this brief rule are a number of scientific "whys". Some of the vitamins are destroyed by heat. Certain vitamins and mineral salts are dissolved in the cooking water and are lost if that's thrown away. The short cooking period reduces the amount of vitamin loss by heating. The use of little water makes it easier to use any valuable liquid that's left over.

Leave the lid off the pan, chiefly to keep the appetizing green color. With the breakdown of the cell walls of the vegetable in cooking, certain acids are released to play havoc with the green coloring matter, unless they are allowed to go off into the air in steam. It's all right to leave the lid on the pan until the steam begins to form.

Some cooks would make sure that this green does not turn dull olive or ugly brown by adding a pinch of soda to the cooking water to neutralize these acids. This practice is wasteful of food value, since all vitamins are more easily destroyed in alkaline than in acid water. An overamount of soda also leaves the greens limp and poor in flavor.

Greens should be salted from the beginning of cooking. Often they'll need no more water to cook in than that which clings to the leaves after they're washed. Young, tender greens may be simmered in milk. They must be watched closely so they will not burn.

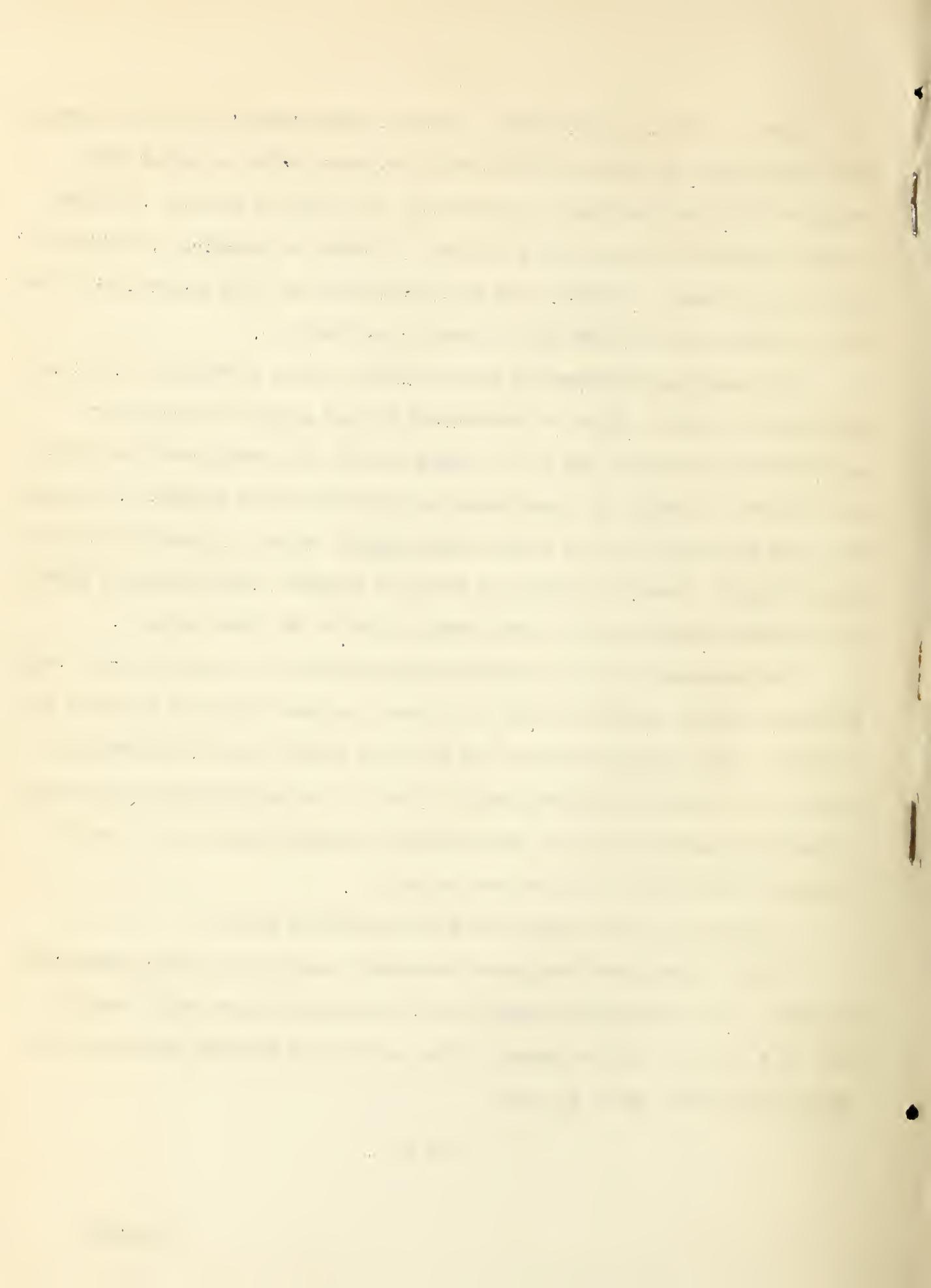
Time of cooking greens varies. Properly cooked they'll still have some of their crispness. For leaves of beet greens and swiss chard, an amount large enough to make 5 or 6 servings - cooking will take about 10 minutes. The same amount of spinach will need 5 to 8 minutes. If stems are included, cooking will take a little longer. Tender stalks may also be used but it's a good idea to cut them in pieces about an inch long so they'll cook faster.

For seasoning well-flavored greens--butter, cream, or top milk, salt, and pepper may be enough. Slices of hard-cooked egg and slices of crisp bacon sprinkled over the top of the dish or mixed in with the greens gives them still more flavor. Or strips of cooked bacon may be put atop each serving. For greens that need more seasoning, put finely minced pepper, onions, or parsley into the cooking liquid. Serve hot with lemon slices or vinegar. These should be added at the table, since the acid in them does no good to the green color.

The homemaker who likes variety in greens might try mixing her own. Those that can be mixed; naturally, must be of about the same tenderness and blend well in flavor. Some good combinations are beets and turnip tops, field cress and spinach, corn salad and mustard greens. Spinach is an exceptionally good mixer. It goes with nearly any greens, but with the stronger-flavored ones it may be necessary to use 2 to 5 times as much spinach.

Following is a good recipe for Wilted Dandelion Greens.

Wash 2 quarts dandelion greens thoroughly, and cut into small pieces with scissors. Heat 4 tablespoons bacon fat, 1/4 cup mild vinegar, and 1 teaspoon salt in a skillet. Add the greens, cover, and cook at moderate heat until the greens are wilted. Serve at once.



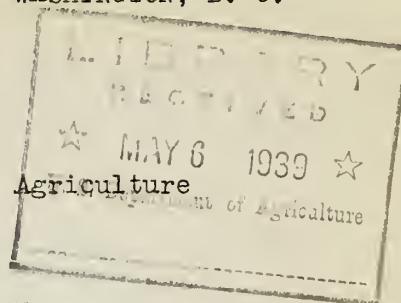
INFORMATION FOR THE PRESS

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THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture



OUTLOOK BRIGHT FOR STRAWBERRY OF THE FUTURE

When it comes to praising the month of May, cooks can be as voluble as the poets. Soft, balmy breezes, the flowers, and other inedible vegetation of the month may inspire odes and sonnets. But it's stuff like the luscious, scarlet strawberries--abundant now--that memorable meals are made of.

As history books count time, it's been but recently that everyone could have a taste-acquaintance with strawberries. In the early 1800's, few meal-planners listed "strawberries for dinner." The only strawberries grew wild in out-of-the-way patches. The season for them was short, the supply was scant.

Seeing this unsatisfactory state of affairs, plant breeders took it upon themselves to do something. Evidence of their success are the carloads and truck-loads of strawberries that now come to market each year.

But successful as the strawberry breeders have been, they are not content. They are still in search of bigger and better berries. In test plots the country over they are experimenting with seedlings, developing berries suitable to different soil and climatic conditions.

Since 1920, strawberry breeding work has been part of the regular research program of the Bureau of Plant Industry of the U. S. Department of Agriculture. One of the developments of this Bureau is the Blakemore, considered the best preserving strawberry in the United States. Another is Redheart, grown extensively

in the Northwest for canning and freezing. Two good berries, developed for eating fresh, are the Fairfax and the more tart Dorsett.

At present, one aim of the strawberry breeding program of the Department is to develop big berries -- 40 or less to a quart. Another is to get into them the rare fragrance that early settlers found in the wild meadow berries along the Atlantic coast.

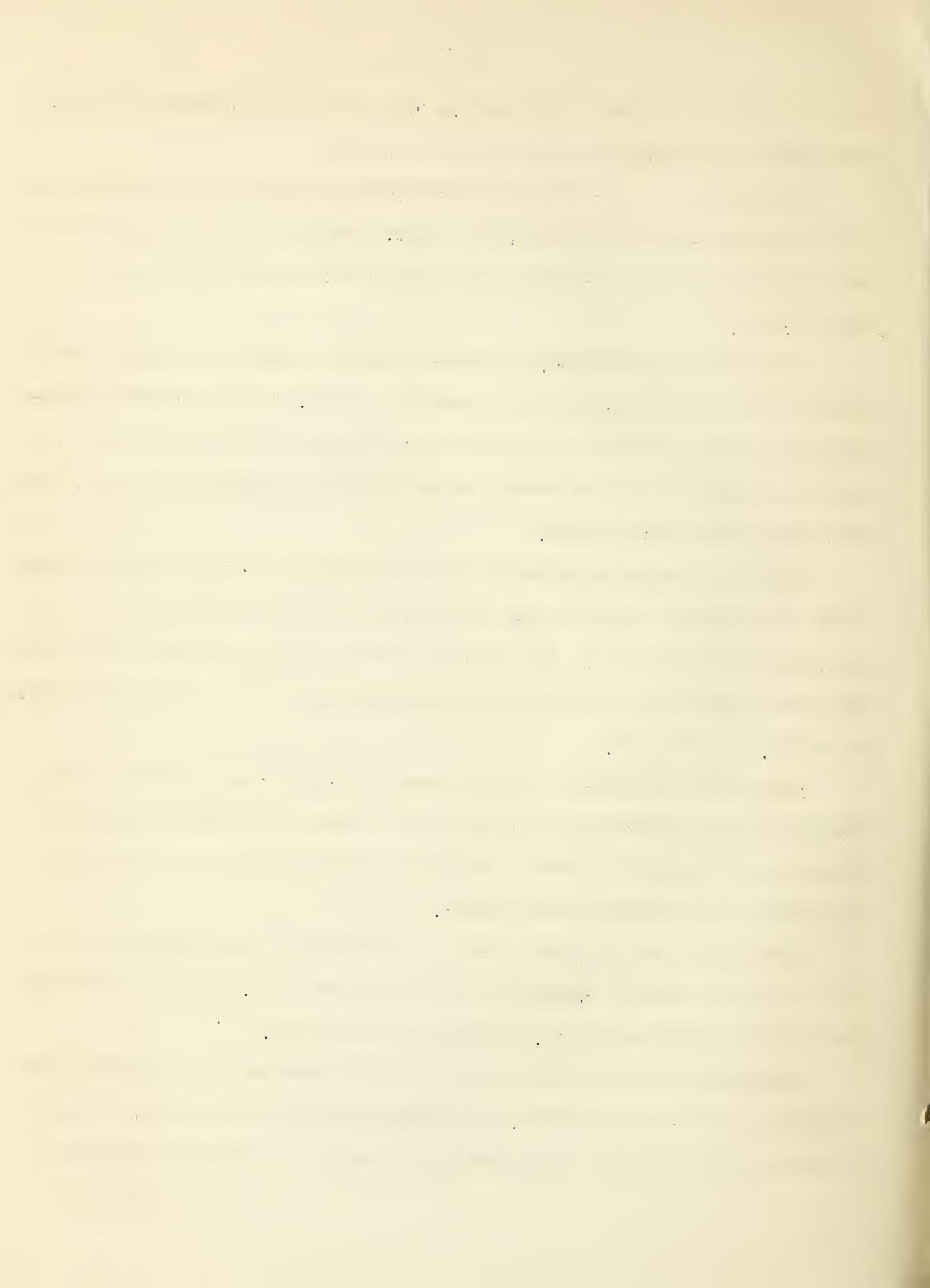
According to George Darrow, strawberry breeding specialist, aroma is one of the most elusive of all qualities to breed into a berry. When he samples his experimental berries with his nose as well as his tongue he finds that many of his promising hybrids do not have aroma. And some that are fragrant on the vine, lose their aroma after they're picked.

Some of the other characteristics that breeders the country over are trying to get in strawberries are--an even better flavor and finer color--uniformity of size--resistance to disease. And they are working on special characteristics that will make berries more satisfactory for different purposes--for canning, freezing, preserving, or eating raw.

With these well-directed efforts toward perfection, the strawberry of the future should be something worth waiting for. However, for those to whom one strawberry in the mouth is worth a grateful 10 years hence there is also good news--about the strawberry of the present.

Shortcake season this year, though it got off to a late start, has so far been a good one--from the viewpoint of the strawberry eater. Supplies have been more plentiful than last year's, and prices have been low.

Strawberries on the market rate highest when they have solid red color and a bright, clean, fresh appearance, with caps and stems of fresh green. Berries are marked down in grade if they show decay or mold, or if they are shrunken. If



they have been picked before they are mature they may have white spots on them---especially on the tips.

Overripe or mashed berries usually give the buyer fair warning---by staining the container. It is well to examine the strawberries in the bottom of the box. This may be done by simply tipping the box so that the lower layers can be seen.

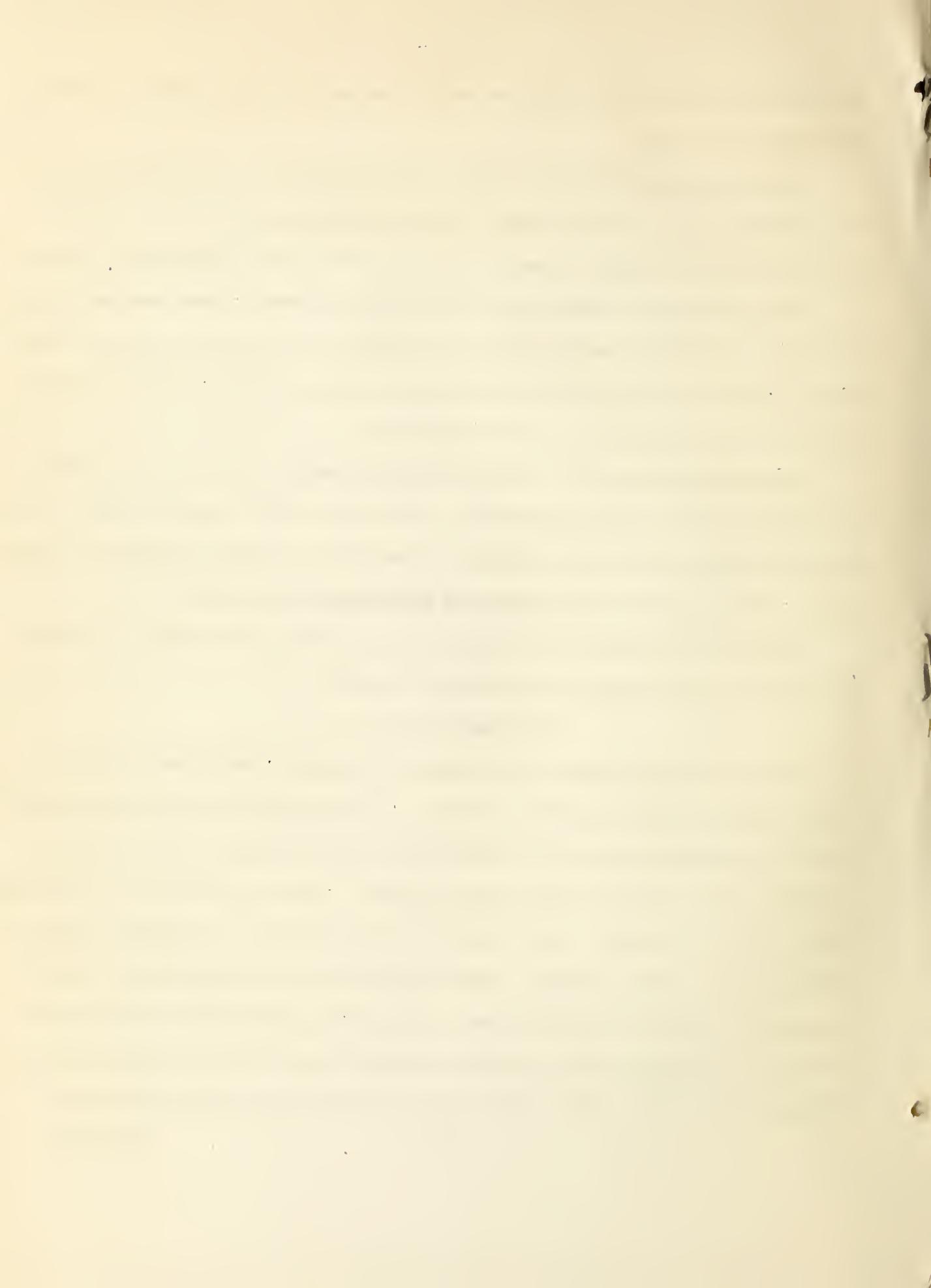
Wash strawberries shortly before they are to be used. Rinse them gently by handfuls in a bowlful of water instead of letting the stream from the faucet fall on them. Remove caps after the berries are thoroughly washed. Do not let them stand in water, or they'll lose color and flavor.

Strawberries should be a favorite with busy cooks. Most persons consider any fancy treatment of them superfluous. Favorites are the simplest dishes---strawberries and cream, strawberry shortcake, strawberries au naturel dipped in powdered sugar. And they make colorful garnishes for desserts and salads.

Preserves and jams are the favorite ways to "put up" strawberries at home. Following is a good recipe for strawberry preserves.

Strawberry Preserves

Pick out smaller, less-perfect berries for juice. Crush them, then stir while cooking for about 3 minutes. Strain. To each pound of choice prepared berries allow one-fourth cup of this juice and 1 pound of sugar. Add the sugar to the juice, stir, and heat slowly until dissolved. Drop the berries into the sirup, simmer for 3 to 5 minutes. Boil rapidly 10 to 15 minutes, or until the fruit is somewhat clear. Remove the scum. Allow the preserves to stand about 8 hours or overnight in a glass or porcelain bowl. Fill hot sterilized jars three-fourths full with the drained berries, without reheating them. Boil the sirup rapidly until fairly thick or to 221° F. Pour the hot sirup over the berries and seal.

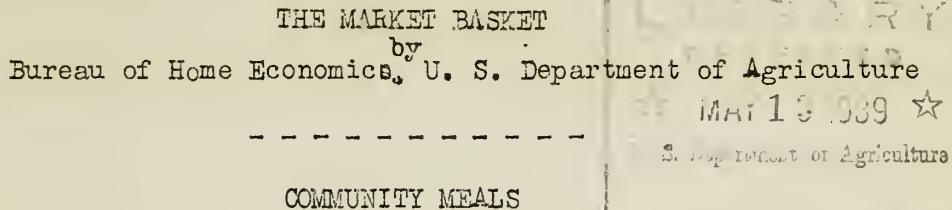


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When the company is congenial, the more that get together "the happier they'll be"—if—there's also plenty of good food. For even the most diverting of tall tales and other informal entertainment at neighborhood gatherings are not enjoyed to the fullest without some refreshment.

Providing a meal for a large group is more than an exercise in addition and multiplication of food amounts. It brings up problems of meal-planning, cooking, and serving that do not arise in the ordinary three-a-day routine of homemakers.

Therefore, on occasions when the women of a neighborhood collaborate on a meal there needs to be careful planning. A meeting in advance to take inventory of equipment, to make lists of food purchases or donations, to assign duties, and to attend to other important details does much to make the actual cooking and serving go smoothly.

Happily, the trend in community meals today is away from the elaborate assortments of food that call for a full day of kitchen martyrdom. Menus are planned to be appealing, but with an eye to ease and time of preparation and service.

The following suggestions of cafeteria managers and others experienced in quantity cookery may be of help in planning such meals.

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The Menu

First of all, how ambitious the menu can be is determined by the equipment that's at the scene of the serving. If there's plenty of stove, table, and refrigerator space, the whole meal can be prepared on the spot. If the stove space is somewhat limited, it may be used to the best advantage by having some dishes that are cooked in the oven, others on top the stove. If possible, have at least one hot dish.

Keep the menu simple. This makes for quicker service, less work. Familiar foods, well-cooked, are likely to be popular with all the guests. Pattern for the meal may be much the same as for dinner at home—meat—potatoes—another vegetable—salad—some kind of bread—butter—a beverage—dessert.

Even when the meal is one of those every-cook-for-herself covered dish affairs, the menu can be kept within bounds by publishing a master menu in the paper a week or so ahead of time.

Offer choices of food only when this can be done without slowing the service or causing confusion in the kitchen. If the dessert is made up ahead of time, for instance, usually it's no extra trouble to have two different kinds if both are equally popular. Or there can always be a choice of beverages.

Foods that can easily be divided in uniform serving portions—freshly cooked meat loaf, for instance—are especially suitable for large groups. Unless the kitchen is well equipped, have some of the food the kind that can be brought from home cooked or partially prepared. If stove space is limited this may even be a roast or a casserole main dish that can be reheated. Baked ham is an excellent meat course that may be cooked at home, then served hot or cold.

It is well to be cautious, in warm weather especially, about serving certain foods that may become sources of food poisoning. Dishes containing eggs that are not cooked at high enough temperatures to destroy toxin-producing micro-organisms should be put in the refrigerator immediately after they're prepared—kept there



until serving time. This includes such dishes as cream puffs, potato and other salads made with an egg dressing, sandwiches made from eggs, devilled eggs. Do not make these dishes long ahead of time.

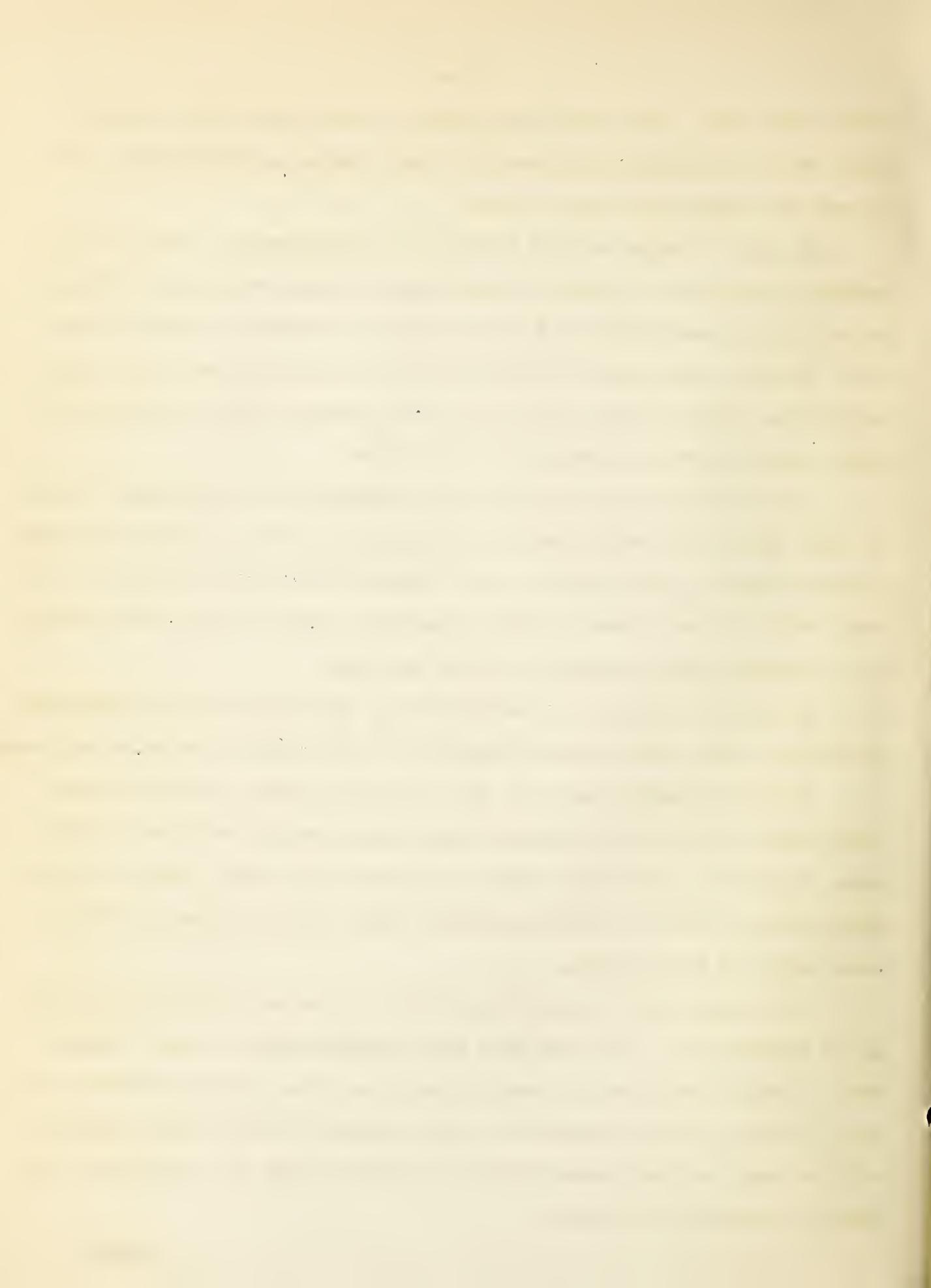
All meat, of course needs to be kept in the refrigerator. Cooked meat for sandwiches should never be ground up until time for making them. Time for that is the day of the dinner, not the night before. Creamed chicken and similar dishes should be made not long ahead of time and the meat should be heated to the boiling temperature. Never let these dishes stand around lukewarm. That is the best possible temperature for the development of the toxins.

Consider foods in season and the garden resources of the community in making the menu. As much as possible keep to moderately-priced dishes so that no one will stay home because he can't afford to come. Certain foods should be ruled out, because they're too much trouble to make in quantity. Count out dishes that deteriorate on standing, such as souffles and some vegetables.

If only one large plate is used in serving, small paper cups are inexpensive for serving a runny, juicy dish—for keeping cool salad from hot food—for fruit cups.

Very often community meals are low on fresh vegetables and fruits. Some salads that are suitable for serving at large dinners are the variations of cole slaw. These may be served from a large dish passed at the table. Carrot and cucumber strips, sections of tomatoes, celery, spring onions, radishes, slivers of green pepper are also suitable.

For dessert, fruit cups and fresh fruit in season are good and not so heavy as the customary pie. To go with these serve homemade cookies or cake. Easiest kinds of cake to handle are cup cakes or larger sheet cakes that have little or no icing on them to melt and complicate serving. Rhubarb or cherry tarts, cantaloup with ice cream, ice cream served between two slices of cake as a sandwich are some special desserts always popular.



Preparation

Select recipes ahead of time, and see that the women who use them understand all the directions. Remember that it's not safe to multiply every family-sized recipe. And those that can be increased, ordinarily should be not more than doubled or tripled. Magazines, cook books, good cooks of the community often can supply recipes worked out to yield 25 servings or more.

Some dishes cannot be made successfully in large quantities. When making biscuits, hot breads, or pastries for a large group, it's best to make a fairly small recipe several times. This way, too, it's easier to space the baking so that there is hot bread on hand throughout the mealtime. Most vegetables need to be cooked in small amounts to keep them attractive in texture and to retain their food value.

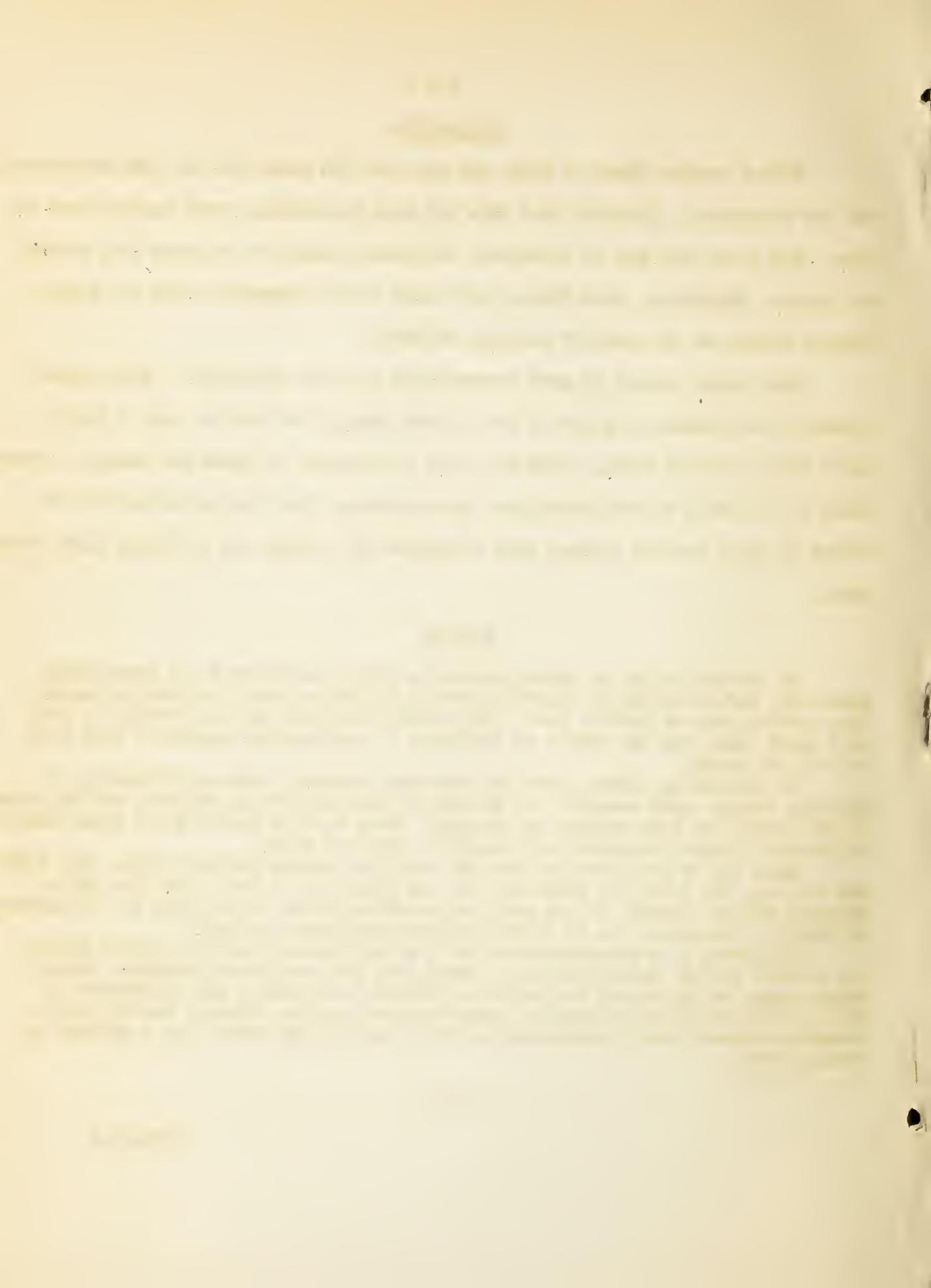
Serving

If the meal is to be served cafeteria style, and there is no steam table available, it's possible to improvise one by filling a large pan with hot water, then setting pans of food in that. This works best when all the serving is done in a short time, and the supply at the table is replenished constantly with food hot off the stove.

In dishing up plates, keep the servings uniform. Obvious differences in helpings always cause comment. It is well to show each woman "dishing up" the size of the serving of each article on the menu. When food is bought for a given number of persons it must be apportioned evenly to come out right.

Much can be done ahead of time to save last minute rushing about. The table may be laid, the cream and sugar put on, the salad set on the table, ice put in glasses, butter sliced. If the meal is served cafeteria style, wrap the silverware in napkins. Beverages can be served quickly from large pitchers.

Following is a suggested menu for a well-balanced, easy-to-prepare dinner for a large group: Fried chicken or baked ham; hot scalloped potatoes; string beans, peas, or asparagus; hot rolls or biscuits and butter; any assortment of fresh, crisp vegetables--radishes, tomato slices, onions, celery, carrot strips, cucumber slices; fresh strawberries or fruit cup and cup cakes -- or -- rhubarb or cherry tarts.



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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

CITRUS FRUITS RICH SOURCES OF VITAMIN C

A statistician with a mind for doing fancy things with figures could sit up nights working on the 1938-39 grapefruit and orange crops of the United States. Strung together end-to-end the grapefruit would reach farther than ever before. The oranges, converted into juice, would make a good-sized lake.

Added in the regulation columns of digits, the grand total is the biggest crop of citrus fruit in the history of the industry. Since last fall, prices of grapefruit and oranges have been at near-record low levels.

Now, oranges and grapefruit are coming to market in such numbers that they have been designated surplus farm commodities by the United States Department of Agriculture. Special efforts are being made to distribute these fruits as widely as possible both through regular trade and through relief channels.

Since a surplus is not a year-round state of affairs, a homemaker will do well to make the most of the big citrus supplies now. Season of fresh grapefruit abundance will not last over a month longer. Oranges are never so plentiful in the summer as in the winter months. Crop estimators now expect the total supply of oranges for eating fresh this summer and early fall to be well above average, but not so large as last year.

Nutritionally, citrus fruits get star billing because they are rich natural sources of ascorbic acid, more familiarly known as vitamin C. Half of a medium-sized grapefruit or one large, juicy orange--in other words, about 4 ounces or one-half cup of grapefruit or orange juice--will supply the daily need for this vitamin.

There is a daily need of vitamin C because the body can store very little of it. And it has a special function to perform in keeping many of the body tissues healthy. Vitamin C is especially important in maintaining sound, healthy gums. A diet somewhat low in it for a long time brings about soreness of the joints and muscles, fatigue, and loss of appetite. If there is a very serious deficiency of vitamin C, scurvy with its well-known symptoms results. Well-defined cases of scurvy are rare in this country, but borderline symptoms due to an inadequate supply of this vitamin are all too frequent.

This vitamin C is one in which many American diets are low has been shown in a study of what city families have to eat, made recently by the Bureau of Home Economics. When Dr. Hazel K. Stiebeling and her co-workers analyzed the diets of families of workers in 43 representative cities in the United States they found that about half of the 4000 families studied were not getting the generous daily allowance of vitamin C that nutritionists recommend today.

In this study, Doctor Stiebeling also noted considerable regional differences in the amount of citrus fruit eaten. Families in the Pacific Coast cities ate more than those in any other part of the country--about twice as much as those in the North Atlantic cities, which ranked next highest. Figures for the South Atlantic region, however, which like the Pacific region is a big citrus-producing section, were not included in this comparison.

Besides vitamin C, oranges and grapefruit also contain some of the other vitamins and small quantities of important minerals. If these fruits are eaten in liberal amounts, they will make considerable contributions to the vitamin B, vitamin G, and mineral needs of the body.

Shoppers will look for about the same signs of quality in both oranges and grapefruit. Most significant of all is that the fruit be heavy for its size. Heavy fruit, even with a few surface blemishes, such as scars, scratches, and slight discolorations are much to be preferred to those that are puffy, spongy, and light in weight.

Grapefruit should be firm and springy to the touch. Oranges should have a skin that's fine textured for the variety. Decay in both oranges and grapefruit often occurs as a soft discolored spot at the stem end. Fruit that is wilted shrivelled, or leathery around the stem end is likely to be old, and therefore not so good in flavor as fresher fruit.

Some oranges and grapefruit are called "russets" because of a reddish-brown or reddish-yellow discoloration. This russetting does not penetrate the skin, and affects neither the flavor nor the food value of the fruit.

Growers have learned that the best place to store oranges and grapefruit is "on the tree." After it is picked, it is shipped to market immediately. The best place to store oranges and grapefruit at home is in a cool, well-ventilated spot.

Homemakers who like to squeeze the breakfast orange juice the night before needn't worry about loss in vitamin C. In a recent experiment conducted at the Bureau of Home Economics it was found that freshly extracted orange juice, put in loosely covered containers and stored in a refrigerator, lost no appreciable amounts of ascorbic acid during the first 24 hours. After that there was a slight but gradual loss. Of course, orange juice squeezed ahead of time may lose some freshness in flavor.

As for ways of using oranges and grapefruit--they are welcome members of many a fruit cup and salad. They're good in desserts and other dishes stiffened with gelatin. Orange juice lends flavor to icings and drop cookies. Both make something special in the marmalade line.

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THE MARKET BASKET by Bureau of Home Economics, U. S. Department of Agriculture

CANNING QUESTIONNAIRE

When plump pods of peas hang heavy on the vine--when garden rows yield more baby beets than the family can eat--when there's asparagus to spare--and a surplus of snap beans--it's vegetable canning time.

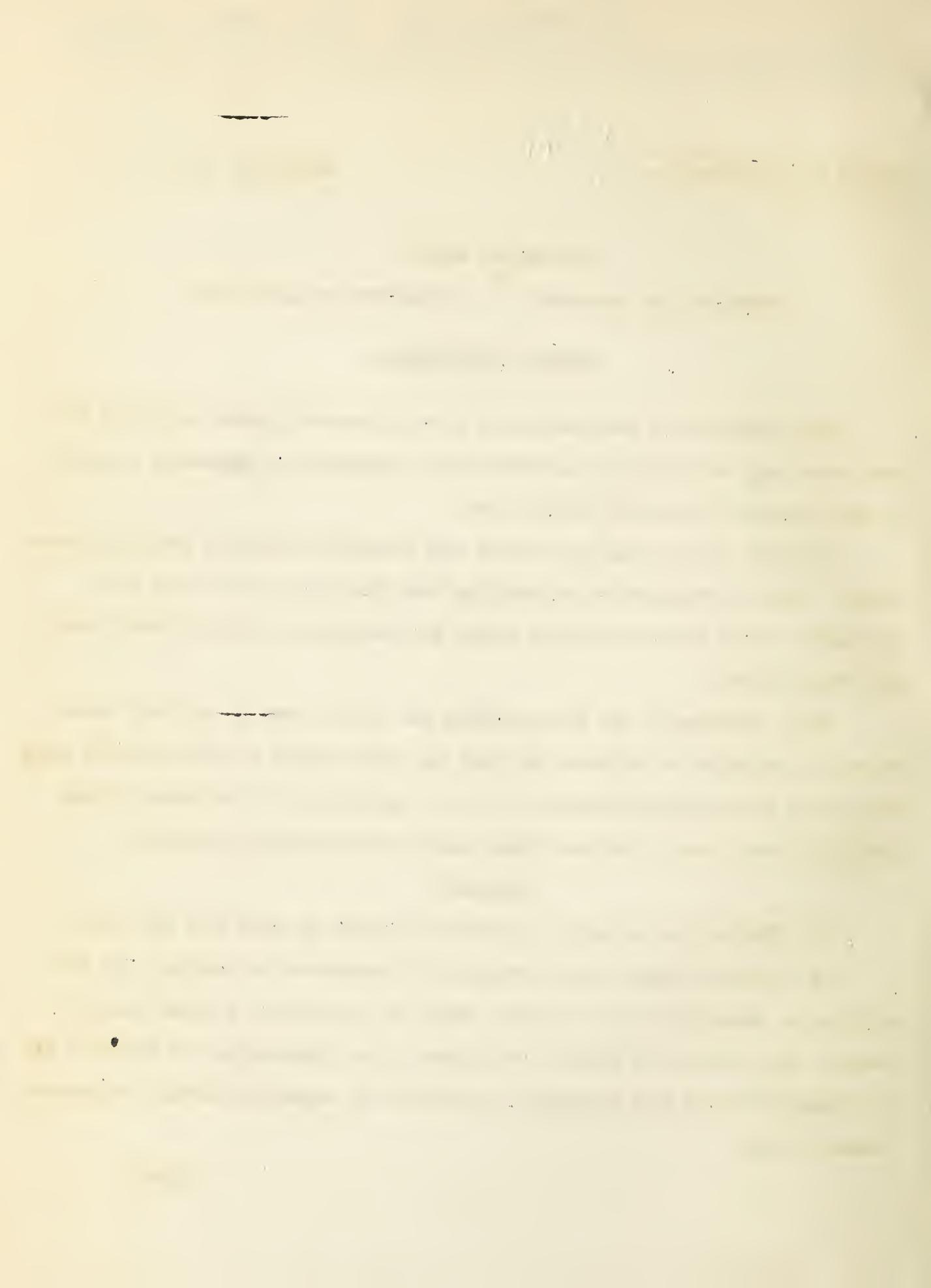
Vegetable canning time the country over invariably brings up troubling questions. There's a recollection of something that didn't turn out so well last season--or a doubt about the correct method for putting up a product that's never been tried before.

While solutions to all these problems are "in the back of the book" somewhere, the homemaker so perplexed may find the simple answer to her particular question in the following questionnaire. In this, specialists of the Bureau of Home Economics answer some of the more common queries about canning vegetables.

Equipment

Q. What kind of a canner is needed for putting up green peas and beans?

A. Peas and beans, like practically all vegetables but tomatoes, are non-acid foods. Non-acid foods, if canned, should be processed in a steam pressure canner. Only with one of these is it possible to get temperatures of from 240° to 250° Fahrenheit--the heat necessary to sterilize the vegetables within a reasonable length of time.



It is unsafe to can non-acid vegetables in a water bath or an oven canner, or in a steam canner without pressure, because the temperature in them never gets above the boiling point of water. At that temperature it is impossible to kill the dangerous botulinus bacteria that may be in the vegetables unless containers are processed 6 to 10 hours, or even longer. If allowed to live, these bacteria may produce a toxin in the food.

Q. Does it make any difference what size of container is used for canning vegetables?

A. For most vegetables, pint or quart glass jars and number 2 or 3 tin cans are the best sizes. Pint jars and number 2 cans are best for tender, green peas, because they will become overcooked and mushy with the longer processing needed for larger containers. If corn is canned in quart jars or number 3 cans it should be put up whole kernel style--cut from the cob without scraping. It's well to keep the containers small because heat penetrates thick cream-style corn very slowly.

Q. Is it advisable to can corn or red-colored vegetables in tin cans?

A. Yes, practically all vegetables that may be canned may be canned in tin. Different types of cans have been developed for certain vegetables. There are special C-enamel tins for corn, succotash, lima, and red kidney beans. For red-colored vegetables--beets and pimientos--and for pumpkin and squash, use R-enamel cans. These vegetables, if canned in plain tin, may react chemically with the metal. Some change colors and others corrode the metal. These changes, although they may not affect the wholesomeness of the food, do detract from the appearance. Pickled beets should be canned in glass.

Q. Is it all right to use rubber rings a second time?

A. No, the best policy is to buy the rings new each year. They should be of good quality to withstand the temperature of processing. A simple test is to

double the ring together and press the fold with the fingers. The rubber should not crack. A good rubber ring will also stretch to twice its length and snap back into shape.

Method

Q. How nearly full should the containers be packed?

A. Allow a little room at the top--head space--for expansion of food during processing. Measured from a straight edge laid across the top of a glass jar, this needs to be about 1/2 inch for all vegetables except corn, peas, and lima beans. For those starchy vegetables, which expand more, allow one inch. In number 2 tin cans 5/16 inch head space is enough for most foods. For number 3 tin cans allow 3/8 to 1/2 inch. Always cover the vegetables with hot liquid.

Q. If much canning liquid is lost from the jars during processing is it all right to replace some of this liquid with water?

A. Jars should not be opened after processing until it's time to use the vegetables. When they are opened they are no longer sterile and must be reprocessed

in order to keep. Some liquid will always be lost from glass jars, but this can be kept to a minimum by careful control of the temperature. Maintain a constant pressure. At the end of the processing period take the canner off the fire and let it cool gradually until the pressure gage reads "zero". Then immediately open the petcock--gradually so that there is no sudden rushing out of steam.

Miscellaneous

Q. Is it possible to can every kind of vegetable at home?

A. It is not recommended that vegetables of the cabbage family--broccoli--brussels sprouts--cabbage--turnips--cauliflower--kohlrabi--be canned. These vegetables contain sulfur compounds that break down during processing and give the food a disagreeable taste and odor, and unsatisfactory color and texture. When

egg plant is processed under steam pressure, as it must be to make it keep, it has an unattractive color and flavor. Also it is impossible to can corn on the cob without special equipment.

Q. Do vegetables lose any food value during ordinary home canning?

A. There will be some loss of vitamin C and vitamin B₁--both of which are destroyed by heat. If vegetables are blanched before canning there will be losses of all the water soluble vitamins--B₁, C, G, and the pellagra-preventing factor.

Tomatoes, however, because of their acid, lose practically none of their vitamin C value when canned at home the right way. They may lose from one-third to one half of it when stored for 6 months or longer at ordinary room temperature. But even then, they are a good source of vitamin C in the diet.

To best preserve vitamins, can vegetables as soon as possible after they are gathered. Serve the cooking liquor because in it will be dissolved some of the water-soluble vitamins and minerals, originally in the vegetables.

Q. How long will canned foods keep?

A. Indefinitely, if they've been handled properly, processed correctly, and stored in a cool place. Quality is better the first year. So, unless there's a big surplus on hand, it's better to can only one year's supply at a time.

